

NASM CPT Cheatsheet

3 OPT Training stages:

- 1: Stabilization
- 2: Strength
- 3: power

NASM Opt

Training phases:

- 1: Stabilization end
- 2: strength end
- 3: hypertrophy
- 4: max strength
- 5: power

Phases that have cardiorespiratory:

All Three parts of

Blood function continued:

- 3: Transport hormones
- 4: Carries heat
- 5: Regulates temp
- 6: clotting protects
- 7: fights disease in Sickness

ATP-PC:

- 1: 10-15 sec
 - 2: Fastest
 - 3: No-O
 - 4: Short
 - 5: High intensity
- Glycolytic:

Iliotibial band

Hip flexor complex
Bicep femoris (short)
Pronation/distortion
weak muscles:
Anterior tibials
Posterior tibials
Vastus medialis
Gluteus
medius/Maximus
Hip external rotators
Lower crossed tight muscles:
Gastrocnemius
Soleus

OHS Knees move in weak muscles:

Gluteus
Medius/Maximus
Vastus Medialis
oblique
OHS LPHC leans forward tight muscles:
Soleus
Gastrocnemius
Hip flexor complex
Abdominal complex
OHS LPHC leans forward weak

Corrective (SMR and static stretching)

Active (SMR and active isolated stretching)
Functional (SMR and dynamic stretching)
Recommended exercise for adults:
150 minutes of moderate intensity or 75 minutes of vigorous aerobic exercise.
Cardiovascular

2-Resistance development

3-Exhaustion

5 resistance training adaptations:

- 1: stabilization
- 2: muscular endurance
- 3: Muscle hypertrophy
- 4: Strength
- 5: Power

Resistance training systems:

Single set
Multiple set

Power:

Reps: 1-10
Sets: 3-6
Intensity: 35% to 45%
Tempo: fast
Rest: 3-5 min
Exercise tools:
Free weights
Machines
Cable machines
Elastic bands
Medicine balls
Kettle bells
Body weight

Nasm Cpt Guide

Karin Nielsen-Saines



Nasm Cpt Guide:

NASM CPT Audio Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine Jenny Schaefer, 2021-05-03 If you want to pass the NASM Exam but don't have a lot of time for studying keep reading You are no doubt a busy professional with a lot of things going on It can be challenging to find the time to read and study for the NASM CPT Exam However the truth is that the NASM exam is a challenging exam It is normal to have some anxiety about taking this test Thorough preparation cannot be overlooked That is why the author Jenny Schaefer developed the NASM CPT Study Guide This Edition is a PRACTICE QUESTIONS EDITION It comes in text audio format so that you can listen to it wherever life takes you It's sections include Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Techniques and Training Instruction Professional Development and Responsibility Client Relations and Behavioral Coaching Randomized Practice Questions MUCH MUCH MORE Conclusion Each section is divided into subsections making sure all aspects of the exam are covered If you listen to or read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam So go ahead and scroll up and click buy for me today

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NASM Exam Prep C. P. T. Test Prep Team, 2018-10-07 Being a certified personal trainer can be rewarding You can help patients with workout and exercise routines as well as many rehabilitation procedures and functions However to become a CPT you must complete the NASM CPT exam The National Academy of Sports Medicine has established the CPT exam to confirm that people who want to enter the field are qualified to do so This guide focuses on the six main domains of the NASM CPT exam relating to how the human body functions This guide also includes a series of questions that you can use in your studies and your preparation for the exam Your success on the NASM CPT exam is critical to your future in the industry You will be capable of doing more with your work as a CPT once you have successfully completed the exam

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NASM Essentials of Personal Training Study Guide 2021-2022 Ascencia, 2020-11 **Conquer the NASM-CPT Exam** Philip Martin McCaulay, 2024-08

Conquer the NASM CPT Exam Your Guide to a Career as a National Academy of Sports Medicine Certified Personal Trainer is an essential resource for aspiring fitness professionals aiming to achieve NASM certification This comprehensive guide covers every aspect of the certification process from understanding human movement science to mastering exercise sciences nutrition and behavioral coaching It delves into practical fitness assessment techniques program design principles and effective training methodologies for various populations including youth elderly and pregnant clients The book emphasizes the importance of ethical practices professional development and maintaining high standards of client interaction and professionalism The guide is meticulously structured to aid in thorough preparation offering detailed explanations practical examples and real world applications It covers the principles of strength training flexibility cardiovascular fitness core stability and balance training ensuring a well rounded approach to personal training Special attention is given to plyometric speed agility and quickness training to enhance athletic performance Beyond the technical knowledge this guide provides strategies for final exam preparation test taking techniques and managing exam day stress It also explores diverse career opportunities from working in commercial gyms and boutique studios to corporate wellness programs and online personal training With a focus on continuous learning and professional growth Conquer the NASM CPT Exam equips readers with the knowledge skills and confidence to excel in the fitness industry and make a positive impact on their clients lives

Complete Guide to Foam Rolling Stull, Kyle, 2018 *Complete Guide to Foam Rolling* combines the latest scientific research with step by step instructions for the most effective foam rolling techniques for muscle preparation and recovery

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The NASM National Academy of Sports Medicine Certified Personal Trainer Exam Study Guide

Scientia Media Group, Jason Rush, 2021-07-10

Do you have a passion for fitness and a burning desire to help others? Certified personal trainers are needed more than ever, but before you can become one, there's the matter of the licensing. Before you can share your wealth of knowledge and passion for fitness to help others, you have to become certified. The National Academy of Sports Medicine CPT exam is the strictest of the certifications you can achieve, but it will also prepare you for just about any experience you face. On this exam, you will be tested on several competencies to ensure that you understand how the human body works, how to assess your clients, and how to help them to the best of your ability. As you study from this book, you will be provided with vital information that will help you prepare. In this book, you will be guided through how to study for this exam, from the anatomical systems to nutrition and biomechanics. You'll discover how to assess your clients and design the best programs for them, no matter their current health or fitness status. You'll be given guidance through several different exercises, how to build the client relations. Finally, you will be guided through understanding the professional development necessary and your own responsibilities to maintain an ethical approach to treating and training clients. As you read, you will also be presented with several questions designed to test you on the most important information. By going through this study guide, you boost your chances at successfully passing the exam. The NASM CPT may be the hardest of the exams, but with this study guide, you'll have the information to pass in the palm of your hands.

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